

Ripples

Like the proverbial pebble dropped into the pond, the shifts of consciousness we make in our personal and professional lives send out important waves that ripple over the surface of the whole.

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PERSONAL COACHING

A Personal Coach is someone who knows you well and helps you stay in balance and get more fun and joy out of your life.

Barbara and Terry consult with people on a regular basis to help them fine-tune what is happening in their lives.

Why not end the struggling in your life by having a counselling session with Barbara or Terry face-to-face or over the telephone?

Ring Barbara or Terry for details.

This Newsletter is published by:

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Lifespring is an Australian company owned and managed by Terry and Barbara Tebo.

The purpose of "Ripples" is to support and inform as well as being a vehicle of communication with and among Lifespringers all over the world.

The Truth About Time

By TERRY and BARABARA TEBO
The Founders of Lifespring



*Dear
Barbara and
Terry,*

*I hope you
remember
me.*

Dear Mary-Ann,

We remember you well and we're so pleased that you wrote to us. It must have been a difficult decision and taken a lot of courage to become a single mom.

THE TRUTH ABOUT TIME

Making and taking time for ourselves is vitally important to avoid drying up and becoming empty. Meditating every day like you are doing, is also crucial because even when it feels like we are living in a desert, meditation becomes our oasis.

How can you create more time for yourself? Firstly, by understanding what time is? **Time is an illusion created by the mind.** The only time that truly exists is NOW. We can remember the past and dream about the future but we can only BE, LIVE, HERE, in the NOW. So in your present situation, Mary-Ann, could you choose to live in the 'Now', second by second? Most people we know are suffering and stressing themselves because they are 'time-poor'. They believe that there is a shortage of time. The universe has no shortages of anything, including time and neither do we.

Einstein once said that when you sit and talk with a nice girl for two hours, it seems like only a

I experienced the 'Free To Be Me' seminar with the both of you a little over two years ago. Learning to meditate during that seminar has literally saved my life and since the seminar I meditate every day. Twelve months ago I left my husband because he refused to get any help with his drinking problem and on several occasions he became violent under the influence of alcohol with our three children and myself.

My husband refuses to see our three boys who are all under the age of ten and to date he has not supported them or me financially. This means I'm working full time as a nurse to pay the mortgage, childcare and other living expenses. Most of the time I am tired, if not exhausted, and that's why I believe without meditation I would have given up long ago.

I am writing to you for help because I am beginning to feel, day in and day out, like a zombie. I have no social life and no free time for myself. During 'Free To Be Me' I vaguely remember you both talking about 'time' but I can't recall what you said. I hope you have the 'time' to answer my email.

All Good Wishes, Mary-Ann

minute. But when you sit on a hot stove for a minute, it seems like two hours! Einstein and others taught us that time and space do not exist as separate entities. Time is not a separate thing, and space (made up of length, width and height) is not another separate thing. Rather they are one thing called the 'space-time continuum'. When we don't take time to understand time, it rules our thinking, our planning, our belief system and our life.



NOW TIME

Most people live in 'linear' or clock time, which is made up of the past, the present and the future. Clock time is a useful human invention because it allows us to be on time for appointments, etc. However, clock time only exists in our minds. It does not exist in reality. The way the universe experiences time is that there are just events and all events, believe it or not, are taking place at the same time! They are all occurring simultaneously in this eternal moment of Now. 'Now Time' is the only real time there is. The illusion we have of events occurring one at a time, in a sequence that seems to flow, is because of the limited

awareness or consciousness that we have in this human form. It causes us to see very narrow sections of the space-time continuum at one go. So we see one small slice, then the next slice and so on. It is our motion through these events that makes us feel as if time is moving. ***In reality it is we who are moving, not time which always remains still.***

Mary-Ann, we know what it feels like to never have enough time. When we were in what we call the crazy busy period of our life with two young children, both of us teaching four nights a week and most weekends, as well as lots of counselling and background admin work, we knew we had to change our relationship with time. We felt like time was running us and we became exhausted. We decided to become 'Time Lords' like Dr. Who. We did this by *Firstly* realising we were constantly affirming "We never have enough time". No wonder we were short of time! So our first step was to reprogram our internal computer (our subconscious) to "There's always an abundance of time for everything". Remember a good affirmation initially always feels like a lie. This one certainly did! *Secondly* when we had a particularly busy period we played with stretching time – in our mind we 'saw' time as a thirty minute blue line and we stretched the line out to say one and a half hours. This helped us to experience that we had power over time – not the other way round. *Thirdly*, whenever we began worrying about the future or the past, we told ourselves that the future and the past don't exist, and we chose to come back into the present moment. This helped us experience that time is not a fixed static reality,

something we had always believed, but rather only a belief in our minds. And *fourthly* we gradually arrived at the belief and the reality that there is always all the time we need and more!! What matters is to choose how we use all of our present moments in the way we want too.

THE POWER OF NOW

There is only Now. We remember our past Now. We dream our future Now. We learn from our past Now. When we were actually in the past, it was still Now. We work towards our future Now. We will live in our future Now. We are always here Now. We cannot be anywhere else. Existence is only Now. There is nothing we can do in any other moment except Now. Try it. Do something yesterday or tomorrow right Now. It's impossible because we can only really be and live in the Now. Now is inescapable. And trying to escape the Now by fantasising about the past or the future is futile. It is trying to not be where it all is. This is why the founders of the great religions and many other teachers taught us not to worry about the future. They taught us to be still, like in meditation, to be present, to be aware, to enjoy Now, to live one moment at a time, and to be conscious.

SEEING WITH OUR EYES NOT OUR MEMORY

What we are asking you to do, Mary-Ann, is to step with your mind into the present moment of Now totally! Take an absolutely fresh look at your life, your children, your work, your workmates, and your patients each day. Because

everything and everyone is always changing and using our memory to see, stops us from seeing that change, seeing things and people as they truly are at this moment. When our daughters Molly and Josie were children and left for primary school each morning, we used to get excited about 3:30 pm each afternoon to see who they would be when they came home. We knew that they would be 'new', not the two little girls that left us that morning. Decide right now to face every experience anew by choosing to forget that you have ever faced it before. When you do this you will discover a whole new life. This is what little children do all the time.

True humility is seeing everything with 'new' eyes. This will help you stop being a zombie Mary-Ann. Decide not to anticipate what someone looks like or how they will behave. Anticipation is based on our memory and emotions. Practice detachment of outcome and you will find a world that has been hiding from you all along, right in front of your eyes all along.

PRESENT MOMENT LIVING

Choose happiness, present moment living, and joy at all times. Thank the present moment for all the opportunities and enjoyable experiences it brings you. Now you may be asking, "but how do I get out of my present circumstances? How do I create a more balanced and happy life for myself and my children?"

Our answer may surprise you. We believe that you already have the life you want right Now! Really, you have it already. Quantum physics is teaching us that 'everything already exists right now!' Give yourself the gift of believing this. Then all you will be doing from now on is waiting for it to manifest in physical form and then taking possession of it. Actually, you will be awakening to something that has always existed within you. As you read this email you will be awakening to the life you want. And be grateful now for all the things you desire to experience, for you know you already have these things. Gratitude Now speeds up you experiencing what you choose.



Mary-Ann, don't worry if you have not fully understood the illusion of time. We are still learning about it ourselves. There is always more to know and the layers of the infinite onion never stop, but as we peel away each new layer and discover deeper truths, we enjoy more of life and turn it into a thrilling ride. The trick is to stay in balance by practicing Present Moment Living and your meditation will help you do this.

Lots of Love,
Barbara and Terry

Believe Nothing



"It is much easier to believe that it's snowing, than to experience the snow. If you just believe, you can stay inside, stay warm and avoid the cold. That's why people are led up the garden path by others' beliefs. It's easier and warmer. And all this 'believing stuff' starts very early.

In the context of your spiritual and personal growth, believe nothing, experiment and test everything, in the laboratory of your own experience. Only then will you be able to separate truth from falsehood, reality from illusion, and lead others with integrity. Challenge and check at least one belief everyday. And if it's found wanting, chuck it or change it. Challenge, check, then chuck or change, now that's a master at work."

To lead a creative life
we must lose our fear
of being wrong.

Here Comes Autumn 2007

Dear Friends,

We hope you enjoyed summer as much as we did. The Cooroboree at Belmont Pines Holiday Park was a big success. We took our caravan and twenty-one other people brought their camper vans, camped in tents, and stayed in cabins. A few Lifespringers also came for a day. It's stimulating and relaxing to spend quality time with friends. The theme of this Cooroboree seemed to be 'joy' because we laughed together so much of the time. We're planning another Cooroboree in the near future.



FAMILY: We are all well. Josie, is a busy travel consultant with Flight Center. She and James are looking forward to their trip to South America in April. Molly is training the people in her company (Lush) in product development and the installation of a new computer system. We, Barbara and Terry, leave soon for an extended trip down the Murray River along the New South Wales – Victoria border. This will be our longest trip so far in 'Meriah'.

COUPLES IN PARADISE and YOUR NEXT STEP

These are two new exciting personal development programs that we have recently created.

Please read pages 5 and 6 for details.

UPCOMING EVENTS

FTBM PART 1

We, Barbara and Terry, are teaching FTBM in the Lilian Fraser Garden in Pennant Hills over the weekend of April 20, 21, & 22. Thank you for telling your friends and relatives who may be interested. Might it be time for you to repeat FTBM for half price? The best way to contact us is on our mobile:

0412 115 666.

www.freetobeme.com.au - is a great website. Among other things you will see all of the other FTBM teachers and when and where they are teaching FTBM. There is a good chance there will be one near you. On our website you can also send a free e-card to friends.

THE MASTER CLASS

Several people have asked us to teach one more Master Class. We are excited about this seminar because it is one of the most powerful, loving and transformative learning experiences we have ever facilitated. The Master Class is for graduates of FTBM Part 2. It has a similar energy to that seminar but goes far beyond it.

Master Class students *experience* in a new and powerful way both their inner and outer lives. The *inner life* includes identity, values, decision-making, love, spirituality, meditation, feelings, play and rest, addictions and creativity. The *outer life* includes giving and receiving, relationships, intimacy and sexuality, the body (nutrition, weight, health, pain), power, finances, health, time, career, achievement, contribution, making a difference, global vision, ageing and dying.

The Master Class is an ACTION course. We, Barbara and Terry, will be your personal coaches. We will help you dramatically improve the quality of your life.

At this time we're asking for expressions of interest to see if we will teach the Master Class this coming May. Please get in touch if you are interested.

FTBM PART 2

Contact Gitta Laub (9970 5165) and Tim Harvey (9413 4059). Gitta and Tim are teaching this powerful seminar beginning on March 20th in Forestville, Sydney and beginning on June 8th in Boat Harbour, Nelson Bay. The seminar fee is \$540.00

COUNSELLING SKILLS SEMINAR

Occurs over two weekends at our home in Corlette in Port Stephens – May 12 & 13 and May 26 & 27.

The essence of this seminar is learning how to accept and love ourselves and others unconditionally. The seminar fee is \$595.00.

FTBM FOR KIDS (SUPER KIDS) AND FTBM FOR TEENS

Iman Iskander (0403 219 213) and Peter Wagner (0402 043 986) teach these seminars in Sydney and Louise Cosgrove (0410 630 500) and Terry Eichmann teach them in Brisbane. Phone them for the dates of upcoming courses. These two seminars teach your loved ones how to live the wisdom and love that is inside them.



PEACE CIRCLES

These are small groups who meet regularly to support each other in living the peace within all of us. World peace begins with inner peace. Geoff Lane & Barbara Renshaw



host a Peace Circle in their home in Roseville, Sydney (9415 8840) and we, Terry and Barbara host a Circle in our home in Corlette, Nelson Bay. Peace Circles are free to all. Come along and see what it's like.

SUPPORT

If you have any friends who would like to receive 'Ripples' ask them to send us an email (tebotebo@iinet.net.au). And we're always here to support you in anyway we that we can. Sometimes a phone call or an email can do wonders.

Lots of Love, BARBARA AND TERRY



Couples in Paradise

We, Barbara and Terry, have many years of experience helping couples put the love, joy, life and passion back into their relationship. Busy couples who are encountering the stresses and strains of daily life can find that their relationship is out of balance. "*Couples in Paradise*" is an in depth personal development program where a couple meet with us to grow themselves and their relationship to a place where they want it to be. This is how it works:

1. You come to our home in Corlette, Nelson Bay (paradise) and arrive at 4:00 pm.
2. You set the agenda of what you as a couple want to accomplish during our time together.
3. We prepare dinner for you and share it together.
4. We begin working on your agenda, we relax and you stay overnight in our lovely, peaceful home.
5. The next day begins by a walk along the beach, maybe seeing some dolphins. Then we share breakfast and lunch and continue building the love you shared when you first met and you learn many new relationship skills. The program ends at 4:00 pm.
6. You leave with individual and couple homework and a week later we have a conference telephone call to check how your homework is progressing, answer your questions and fine-tune what you learned together during the program.

"*Couples in Paradise*" can occur during the week or at a weekend. Your investment in the program is \$770 including GST. After our health, we can't think of anything more important than our relationship with ourself and our partner. Everything in our life depends upon it. If you are interested, ring us on (02 4981 0777) or email us at (tebotebo@iinet.net.au) for available dates.

Your Next Step



How do you feel about the way your life is unfolding? Is it everything you would like it to be? Or do you feel that you are caught up in daily routines that are safe, never ending, boring and sometimes exhausting? We can help you create a life that is fulfilling, joyful and even exciting.

Your Next Step is an individualised and confidential one on two personal growth experience. During this tutorial program, we, Barbara and Terry, via email, will help you use the power you were born with, to move on from where you are to where you want to be.

Your Next Step differs from a counselling session(s) because the latter is often focused on problems and how to learn from them. In *Your Next Step* we will be focusing on your potential, who you really are and how you can use your tremendous mental, emotional and spiritual powers to create the life you choose. As you learn the skills you will also be able to pass them on to those you love.

This is how *Your Next Step* works:

1. We will email you a questionnaire that will get you thinking about your life now and in the future. During *Your Next Step* tutorials we will be teaching and supporting you as you creatively shape your life to manifest your dreams.
2. We will carefully study and respond to your completed questionnaire. This will set the agenda for future tutorials. If there is anything in the past that you feel is holding you back, we will help you resolve these issues so your life can move on. We will recommend reading material and set you practical homework for you to use at home, at work and with your partner, children, family and friends. We will show you how to become more powerful. We will answer all of your questions.
3. The ongoing dialogue among the three of us will continue for four email tutorials not including the first questionnaire. You will need time to put your homework into practice so the tutorials will most likely occur every one to two months.
4. At the end of your four tutorials you will have a one hour consultation face to face or over the phone with one of us. During this consultation we will pick up any loose ends and review how your life is progressing.
5. Your investment in *Your Next Step* is **\$440.00** including GST.

If you would like to take *Your Next Step* in your life and/or to find out more about this program please get in touch.

The Spiritual Aspects of Good Health

Silence, happiness, love and blessings are vitally important for optimum health. Happiness leads to good health and it is only we who can give ourselves this medicine. Some bring illness to themselves through anger, greed, unfulfilled desires, expectations, suppression of feelings and relationships not based on true love. Look in your heart because this may help you to discover where your illness is coming from. There are three ingredients for a long and healthy life: live with attention but without worry; use your time in creative ways and keep your thoughts loving, positive, empowering and focused on what you want.